MULTIMEDIA UNIVERSITY

STUDENT ID NO

MULTIMEDIA UNIVERSITY

FINAL EXAMINATION

TRIMESTER 2, 2016/2017

PSE0025 – SOCIAL AND EMOTIONAL HEALTH

(All sections / Groups)

24 FEBRUARY 2017
9.00 A.M. – 11.00 A.M.
(2 Hours)

INSTRUCTIONS TO STUDENTS

1. This question paper consists of **ONE page**.
2. Answer **ALL** questions.
3. Write your answers in the Answer Booklet.

ESSAY QUESTIONS [50 MARKS]

Instructions: Answer **ALL** questions. Write your answers in the Answer Booklet.

Question 1

Social relationships are related to health in three aspects: behavioral, psychosocial and physiological. Explain the importance of social to these **THREE (3)** aspects of health.

(10 marks)

Question 2

Chickering and Reisser (1993) identify seven major developmental vectors that students address throughout their college years. Explain either **FIVE (5)** vectors.

(10 marks)

Question 3

Ciarrochi, Forgas and Mayer (2006) suggested that individuals may be more or less capable of four interrelated abilities of emotional intelligence. Explain the **FOUR (4)** primary abilities of emotional intelligence.

(8 marks)

Question 4

a) Define eustress and give an example of eustress.

(2 marks)

b) Stress signals can be seen through one's physical, behavior and emotion. Discuss physical, behavioral and emotional symptoms of stress.

(10 marks)

Question 5

Emotional health is about being happy, self-confident, self-aware, and resilient. Discuss **FIVE (5)** methods to improve emotional resilience.

(10 marks)

End of Paper